

CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application.

Listing of Claims:

1-19 **(Cancelled)**

20. **(Previously Presented)** An exercise device for providing adjustable resistance to an exerciser, comprising:

a frame;

an exercise mechanism; and

a resistance assembly coupled to said frame, said resistance assembly comprising:

a curved arm having a first end pivotally coupled to said frame, a second end cooperating with said exercise mechanism such that movement of said exercise mechanism moves said arm;

an actuating assembly moveably coupled to said arm such that said actuating assembly encapsulates a portion of said arm, said actuating assembly including a user grippable handle mechanism including an engagement member that is selectively engageable with said curved arm, wherein a user can selectively move the actuating assembly by moving the handle mechanism; and

a resistance member coupled to said actuating assembly such that (i) movement of said exercise mechanism results in movement of said resistance member and (ii) movement of said actuating assembly from one position relative to said arm to another position relative to said arm selectively adjusts an amount

of resistance applied by said resistance member to movement of said exercise mechanism.

21. **(Previously Presented)** An exercise device as recited in claim 19 20, wherein said curved arm includes a plurality of apertures spaced apart along said curved arm between said first end and said second end, said plurality of apertures being disposed along said curved arm in an arc.

22. **(Previously Presented)** An exercise device as recited in claim 19 20, wherein said actuating assembly further comprises at least one of a wheel or a friction-reducing block disposed adjacent said arm for aiding with translating said actuating assembly along said arm.

23. **(Previously Presented)** An exercise device as recited in claim 19 20, wherein each resistance member comprises a light weight resistance member selected from the group consisting of springs and elastomeric members.

24. **(Previously Presented)** An exercise device as recited in claim 19 20, wherein said resistance member is coupled to said frame.

25. **(Previously Presented)** An exercise device for providing adjustable resistance to an exerciser, comprising:

- a frame;
- an exercise mechanism; and
- a resistance assembly coupled to said frame, said resistance assembly comprising:
 - a curved arm having a first end pivotally coupled to said frame, a second end cooperating with said exercise mechanism such that movement of said exercise mechanism moves said arm;
 - an actuating assembly moveably coupled to said arm, said actuating assembly including:
 - a first plate and a second plate, said curved arm being disposed between said first and second plates; and
 - a handle mechanism comprising an engagement member such that a user can selectively engage said curved arm, wherein a user can move said actuating assembly upon movement of the handle mechanism; and
 - a resistance member coupled to said actuating assembly and to said frame such that (i) movement of said exercise mechanism results in movement of said resistance member and (ii) movement of said actuating assembly from one position relative to said arm to another position relative to said arm selectively adjusts an amount of resistance applied by said resistance member to movement of said exercise mechanism.

26. **(Previously Presented)** An exercise device as recited in claim 25, wherein said curved arm includes a plurality of apertures spaced apart along said curved arm between said first end and said second end, said plurality of apertures being disposed along said curved arm in an arc.

27. **(Previously Presented)** An exercise device as recited in claim 25, wherein said actuating assembly further comprises at least one of a wheel or a friction-reducing block disposed adjacent said arm for aiding with translating said actuating assembly along said arm.

28. **(Previously Presented)** An exercise device as recited in claim 25, wherein each resistance member comprises a light weight resistance member selected from the group consisting of springs and elastomeric members.

29. **(Previously Presented)** An exercise device as recited in claim 25, wherein said first plate and said second plate encapsulate a portion of said curved arm.

30. **(Previously Presented)** An exercise device as recited in claim 25, wherein a portion of said first plate is spaced apart from said second plate.

31. **(Previously Presented)** An exercise device for providing adjustable resistance to an exerciser, comprising:

- a frame;
- an exercise mechanism; and
- a resistance assembly coupled to said frame, said resistance assembly comprising:
 - a curved arm having a first end pivotally coupled to said frame, a second end cooperating with said exercise mechanism such that movement of said exercise mechanism moves said arm;
 - an actuating assembly moveably coupled to said arm, said actuating assembly encapsulating a portion of said curved arm, said actuating assembly including a squeezable handle mechanism configured to be squeezed by a user in order to selectively disengage said curved arm, said handle mechanism being connected to a connecting member; and
 - a resistance member cooperating with said connecting member and said frame such that (i) movement of said exercise mechanism results in movement of said resistance member and (ii) movement of said actuating assembly from one position relative to said arm to another position relative to said arm selectively adjusts an amount of resistance applied by said resistance member to movement of said exercise mechanism.

32. **(Previously Presented)** An exercise device as recited in claim 31, wherein said curved arm includes a plurality of apertures spaced apart along said curved arm between said first end and said second end, said plurality of apertures being disposed along said curved arm in an arc.

33. **(Previously Presented)** An exercise device as recited in claim 31, wherein said actuating assembly further comprises at least one of a wheel or a friction-reducing block disposed adjacent said arm for aiding with translating said actuating assembly along said arm.

34. **(Previously Presented)** An exercise device as recited in claim 31, wherein each resistance member comprises a light weight resistance member selected from the group consisting of springs and elastomeric members.

35. **(Previously Presented)** An exercise device for providing adjustable resistance to an exerciser, comprising:

- a frame;
- an exercise mechanism; and
- a resistance assembly coupled to said frame, said resistance assembly comprising:
 - a curved arm having a plurality of apertures spaced apart along said curved arm, said curved arm having a first end pivotally coupled to said frame and a second end cooperating with said exercise mechanism such that movement of said exercise mechanism moves said arm;
 - an actuating assembly moveably coupleable to said curved arm by an engagement member engaging within an aperture of said curved arm, said actuating assembly including a plate having an aperture, said plate being disposed on a side of said curved arm, said engagement member maintaining engagement within an aperture of said plate so as to aid with aligning said engagement member with an aperture of said curved arm; and
 - a resistance member coupled to said actuating assembly and to said frame such that (i) movement of said exercise mechanism results in movement of said resistance member and (ii) movement of said actuating assembly from one position relative to said arm to another position relative to said arm selectively adjusts an amount of resistance applied by said resistance member to movement of said exercise mechanism.

36. **(Previously Presented)** An exercise device as recited in claim 35, wherein said engagement member engages within said aperture of said plate and an aperture of said arm once said actuating assembly has been moved from one position relative to said arm to another position relative to said arm.

37. **(Previously Presented)** An exercise device as recited in claim 35, wherein said actuating assembly further includes a second plate disposed on a side opposite from said first plate such that said first and second plates are disposed on opposite sides of said curved arm.

38. **(Previously Presented)** An exercise device as recited in claim 35, wherein said actuating assembly encapsulates a portion of said arm.

39. **(Previously Presented)** An exercise device as recited in claim 35, wherein said plurality of apertures are disposed along said curved arm in an arc.

40. **(Previously Presented)** An exercise device as recited in claim 35, wherein said actuating assembly further comprises at least one of a wheel or a friction-reducing block disposed adjacent said arm for aiding with translating said actuating assembly along said arm.

41. **(Previously Presented)** An exercise device as recited in claim 35, wherein each resistance member comprises a light weight resistance member selected from the group consisting of springs and elastomeric members.

42. **(Previously Presented)** An exercise device as recited in claim 20, wherein a connecting member connects said resistance member to said actuating assembly, said resistance member also being coupled to said frame.

43. **(Previously Presented)** An exercise device as recited in claim 25, wherein a connecting member connects said resistance member to said actuating assembly, said resistance member also being coupled to said frame.

44. **(Previously Presented)** An exercise device as recited in claim 35, wherein a connecting member connects said resistance member to said actuating assembly, said resistance member also being coupled to said frame.